

2021 Learn to Row Courses

Following the recent positive news about the return to school and outdoor sports, RGS Rowing are beginning to plan our popular **Learn to Row Course** for **Year 8**. This introduces the sport of rowing and provides an entry point to the Club. **Years 9** and above are welcome if they missed the opportunity in Year 8.

The main course is usually at Easter with further courses in the summer term. We will try to keep to this plan if weather conditions and unlocking allow.

The courses will be staffed by our team of coaches led by Head Coach, Bruce Gascoine. The coaching team are Luke Reiser from Leander, Chris Ray and Orlando Fricker.

Boys wanting to row need to be competent swimmers and will need to take a **swim test** when this is possible. As and when it is possible, do encourage your son to improve his swimming skills.

The **Rowing Courses** may take place at either the Longridge Activity Centre near Marlow or the Jubilee River Riverside centre near Eton. Sessions are usually 90 minutes on four consecutive days if it is at Easter, and we run courses both weeks of the holiday. For those attending courses in the summer we run sessions on weekend afternoons.

In advance of the course in previous years we have run a short Land Training Course in the run up to Easter so the boys can learn something of the rowing stroke on our rowing machines; if we can run this we will.

There will be a charge of **£100** for the course including the land training. Payment will be requested nearer the time.

Boys that want to continue with rowing are invited to join the Club from the Summer term. Sessions will be organised on Saturdays and Sundays, and boys will be allocated to one regular weekly session. There will be a membership fee for the Summer term for the improvers group.

To **register your interest** on the Learn to Row Courses, please complete the form below and return this by email to rgslearntorow@gmail.com (salient points in an email are fine). More details will be sent out in the next half term.

Name of student		Form	
Name of parent contact			
Contact email address			

Please return your form to rgslearntorow@gmail.com by Friday 12th March.

About RGS Rowing

We have rowers from Years 8-13. We take a new intake from Year 8 every year after the Easter Course. Our Coaching team are: Bruce Gascoine (Head Coach), Luke Reiser, Chris Ray and Orlando Fricker (Rowing Coaches).

We row at the Longridge site at Quarry Wood Road, Marlow, SL7 1RE (<http://www.longridge.org.uk/>). We switch to land training at school in the winter or when we can't get on the water at Longridge.

Our **Ethos** is:

- To give any boy at the Royal Grammar School an opportunity to experience the sport of rowing
- To create the environment and support structures to allow each boy to maximize his potential
- To create future rowers and officers of rowing clubs

The Club believes that the optimal way of achieving this is through competition and desires all boys to compete, so they can measure their personal progress.

For a small club, we have been very successful. In recent years our quads have entered the famous Henley Royal Regatta (the picture below shows our squad in 2015 at Henley) and represented Great Britain in the annual GB vs France U16 competition. In the National Schools' Regatta at Dorney Lake one of our J14 quads has won Gold in the Nautics Cup.



We would not like anyone to be prevented from experiencing rowing for purely financial reasons. If you are in this situation, please contact the Headmaster in confidence as help may be available.